Cardiovascular Conditions in Patients with COPD

Cardiovascular conditions are any health problems relating to the heart. Heart conditions are the most common comorbidity in patients living with COPD. Comorbidities, or having two or more diseases at the same time, can occur in patients with varying levels or COPD. The most common types of cardiovascular conditions include coronary artery disease, atrial fibrillation, and heart failure.

**Risk Factors Can Include:**
- Smoking
- High Blood Pressure
- High Cholesterol
- Sedentary Lifestyle
- Diabetes

**A Fib**
A Fib, or Atrial Fibrillation, is an irregular heart beat that can result in serious conditions like blood clots, stroke, and even heart failure.

**Symptoms**
- Tiredness
- Heart Flutters
- Dizziness
- Shortness of Breath

**Common Treatments:**
- Electrical Cardioversion
- Medication
- Catheter Ablation
- Maze Procedure
- Atrioventricular Node Ablation

**Heart Failure**
Heart failure does not mean the heart has stopped working, it just is not working as well as it should. When it is weakened, the heart cannot get enough blood to the body.

**Signs**
- Confusion
- Swelling
- Loss of Appetite
- Low Energy
- Sudden Weight Gain
- Shortness of Breath

**Common Treatments:**
- Medications
- Stents, CABG Surgery
- Cardiac Rehab
- Stress Management
- Diet and Weight Control

**Coronary Artery Disease**
Coronary Artery Disease can include a number of problems. Plaque can build up in the walls of the blood vessels, which makes it harder for blood to flow through. This can lead to blood clots, heart attack, or even strokes.

**Fast Facts**
- Almost 16 million people live with COPD (1)
- Common COPD symptoms include chronic cough, phlegm, shortness of breath, and wheezing
- 4/5 patients with COPD have at least 1 co-morbid condition (3)

Reference list available at: https://resphealth.org/reference-lists/